

## ‘Helping teens with...’ Webinars for parents 2025/26

Achieving for Children’s Mental Health Support Teams are delivering a series of webinars for parents of secondary aged children and young people (CYP). The ‘**Helping teens with ...**’ series of webinars will cover a range of common difficulties experienced by CYP and will aim to share evidence-based strategies to help parents and carers support their CYP with these difficulties. Below is a list of webinars on offer over the coming months. In the third and fourth columns of the table below, you will find the sign up links. Please note that sign up links will be added a month before the webinar dates.

Helping teens with ...	Overview of webinar	Morning 9am	Evening 6pm
<b>Worries and Anxiety</b>	In this workshop you will learn to help your teen to deal with feelings of worry and anxiety. The workshop will give you practical ideas on how to support your child in anxious moments and over time, as well as approaches that could help them to think more positively and develop their self confidence. You will also be introduced to some helpful cognitive behavioural therapy concepts.	Friday 31 October 2025	Wednesday 21 January 2026
<b>Digital wellbeing</b>	In this webinar we discuss the positive and negative impact of screen time and gaming on a young person's mental wellbeing. We will share the recommendations for screen time based on age, how to have this conversation with your teenager in a positive and effective manner and a simple and effective way to manage screen time.	Friday 14 November 2025	Wednesday 14 January 2026
<b>Understanding Changes in the Adolescent Brain</b>	Adolescence is a stage of significant brain changes. These changes are influenced by neurological and hormonal shifts which impact behaviour and emotions. This webinar explains how the adolescent brain differs from an adult brain and its effects on cognition, emotions, physiology, relationships, and behaviour. Parents/caregivers will gain insight into adolescent brain development and practical strategies for supporting young people to regulate their emotions and behaviour, along with ways to connect with them during this critical stage of	Friday 7 November 2025	Wednesday 4 February 2026

	development.		
<b>Exam anxiety</b>	In this webinar you will learn about tools to help your child manage anxiety as they prepare for and sit their exams. We know that this can be a stressful time for young people, and although it is normal for young people to feel stressed or worried during this period, we would like them to feel as equipped as possible for managing stress and worries. The exam anxiety webinar covers evidence-based strategies shaped by Cognitive Behavioural Therapy (CBT) for dealing with exam anxiety in the short and long-term.	Friday 27 March 2026	Wednesday 25 March 2026
<b>Friendship difficulties and bullying</b>	In this webinar you will learn how to support your child to develop their friendship skills: learn to communicate better, repair difficulties, and negotiate solutions when relationships between peers are tricky. We will also explore how bullying can affect Young People and share tips on how to support your teen with this.	Friday 21 November 2025	Wednesday 28 January 2026
<b>Low mood and depressive feelings</b>	This webinar is intended to support parents whose teens may be showing signs of low mood or depressive feelings, which may be indicated by teens spending more time alone, and lacking in energy or motivation. It will include the signs and symptoms of low mood, and offer some practical approaches to supporting a young person who may be displaying these symptoms. It will include information about when and where to get more help should this be necessary.	Friday 5th December 2025	Wednesday 4th March 2026
<b>Self esteem</b>	In this webinar we will explore what self-esteem is, how low self-esteem can develop and be maintained, and will introduce some practical techniques on how to support your young person to improve their low self-esteem.	Friday 28 November 2025	Wednesday 11 February 2026

\*All Webinars are 60 minutes long, with 15 minutes at the end for questions and answers.

***\*Please have a pen and paper handy for the webinar.***

### How to sign up

Parents and carers can sign up to the webinars by clicking on the sign up links. This will take them to a google form where they will need to provide their email address, the school their child attends, and the year group their child is in.



[https://afc-self.achieveservice.com/service/MHST Helping Teens Webinars Secondary](https://afc-self.achieveservice.com/service/MHST_Helping_Teens_Webinars_Secondary)

#### **Who to contact**

If parents have any questions, they can contact the school who will direct queries to the allocated MHST practitioner.